

Lincoln City Pools Offer...

**Swim Lessons,
Pool Rentals,
Swim & Dive Teams,
Water Safety,
Programs,
Swim Leagues,
Employment,
Night Splash Events,
and Ton's of Fun!**

GENERAL POOL RULES

- Youth under 7 must be accompanied by a person 16 or over.
- If diaper is worn, it must be a swim diaper.
- No street clothes or cutoffs allowed in the pool or on the pool deck.
- Floating apparatus are allowed in the separate baby pool only.
- Inner tubes and air mattresses and water wings are not allowed.
- Water toys are generally not allowed.
- US Coast Guard or Red Cross life jacket is allowed.
- No smoking allowed in any pool area.
- If by 3 pm the air temperature has not reached 70°, a determination may be made to close.
- Once closed for the day it will not re-open.
- Hours may be altered during inclement weather.
- Please check the entrance of the pool for additional rules and regulations.

Rent the
Pavilion at
Star City Shores
Call for details
441-6666

New in 2005!
Woods Pool
Sprayground!
33rd & J Streets
Call 441-7847

*Want to make a splash at your next event?
Why not rent a pool!*

You can rent one of the City pools after hours any day of the week. Rental times are generally Mondays - Fridays 8:00 - 9:30 pm, and Saturdays and Sundays from 6:00 - 7:30 pm, or 8:00 - 9:30 pm. Some pools may even be able to host your event in the morning.

Pool	100 Guests	Each Additional Guest
Highlands Pool	\$110.00	\$1.00
University Place	\$145.00	\$1.00
Woods Pool	\$145.00	\$1.00
All other pools	\$95.00	\$1.00

Star City Shores \$400.00 fee covers up to park capacity
Saturday Mornings - 10-11:30 am
After Hours - 8:30 - 10:00 pm
Sunday mornings by special arrangement

Swim and Dive Meet Rentals:

Woods Pool \$350.00 (Entire pool/per day)
\$100.00 (Diving well only, per day)

NIGHT SPLASH just for MIDDLE SCHOOLERS

*3 summer nights filled full of
music, food, and water fun!*

102.7 KFRX
LINCOLN'S HIT MUSIC

Pizza Hut

102.7 KFRX provides the music.
Pizza will be provided by Pizza Hut.
There is also PRIZES, games
and lots of other kids.



It all adds up to tons of fun!

Thursdays 8:30 - 10:30 pm

June 16 Arnold Heights, Eden Pools & University
Place Aquatics Center
July 14 Meadow Heights, Highlands, Irving Pools
August 11 Star City Shores, Ballard, Belmont Pools

Sponsored by Lincoln Parks and Recreation,
102.7 KFRX & Pizza Hut.

Swimming Pools and Aquatics Centers (OPEN ~~JUNE 5~~ - AUGUST 22)

Arnold Heights Pool 4000 NW 46th 441-7829 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. Admission: Youth 0-2: Free Youth 3-17: 2.50 Adult 18 & Over: 3.75 *Low Income: Youth 0-2: Free Youth 3-17: 1.25 Adult 18 & Over: 1.90 **Discounts see below ***Passes: Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	Ballard Pool 3901 N 66th 441-7898 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. Admission: Youth 0-2: Free Youth 3-17: 2.50 Adult 18 & Over: 3.75 *Low Income: Youth 0-2: Free Youth 3-17: 1.25 Adult 18 & Over: 1.90 **Discounts see below ***Passes: Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	Belmont Pool 12th & Manatt 441-7826 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. Admission: Ages 0-2: Free Ages 3-17: 2.50 Adult 18 & Over: 3.75 *Low Income: Youth 0-2: Free Youth 3-17: 1.25 Adult 18 & Over: 1.90 **Discounts see below ***Passes: Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	Eden Pool 4400 Antelope Creek 441-7827 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. Admission: Ages 0-2: Free Ages 3-17: 2.50 Adult 18 & Over: 3.75 *Low Income: Youth 0-2: Free Youth 3-17: 1.25 Adult 18 & Over: 1.90 **Discounts see below ***Passes: Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00
Irvingdale Pool 1900 Van Dorn 441-7828 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. Admission: Youth 0-2: Free Youth 3-17: 2.50 Adult 18 & Over: 3.75 *Low Income: Youth 0-2: Free Youth 3-17: 1.25 Adult 18 & Over: 1.90 **Discounts see below ***Passes: Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	Kuklin Pool 2300 "N" 441-7897 Everyday: 1:00 - 6:00 p.m. Admission: Youth 0-2: Free Youth 3-17: 2.50 Adult 18 & Over: 3.75 *Low Income: Youth 0-2: Free Youth 3-17: 1.25 Adult 18 & Over: 1.90 **Discounts see below ***Passes: Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	Meadow Heights Pool 900 W Avon 441-7833 Everyday 1:00 - 6:00 p.m. Admission: Ages 0-2: Free Ages 3-17: 2.50 Adult 18 & Over: 3.75 *Low Income: Youth 0-2: Free Youth 3-17: 1.25 Adult 18 & Over: 1.90 **Discounts see below ***Passes: Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	Woods Pool 33rd & J 441-7782 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. Admission: Ages 0-2: Free Ages 3-17: 2.50 Adult 18 & Over: 3.75 *Low Income: Youth 0-2: Free Youth 3-17: 1.25 Adult 18 & Over: 1.90 **Discounts see below ***Passes: Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00
Highlands Aquatics Center 5511 NW 12th 441-7800 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. Admission: Youth 0-2: Free Youth 3-17: 3.00 Adult 18 & Over: 4.25 *Low Income: Youth 0-2: Free Youth 3-17: 1.50 Adult 18 & Over: 2.15 **Discounts see below ***Passes: Season Family: 152.00 Youth 3-17: 62.00 Adult 18 & Over: 87.00	Star City Shores Aquatics Center 4375 S 33rd Court 441-6670 Everyday: 12:30 - 8:00 p.m. Admission: Youth 0-2: Free Youth 3-17: 3.25 Adult 18 & Over: 4.50 *Low Income: Youth 0-2: Free Youth 3-17: 1.65 Adult 18 & Over: 2.25 **Discounts see below ***Passes: Season Family: 170.00 Youth 3-17: 70.00 Adult 18 & Over: 95.00	University Place Aquatics Center 2000 N 48th 441-7834 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. Admission: Ages 0-2: Free Ages 3-17: 3.00 Adult 18 & Over: 4.25 *Low Income: Youth 0-2: Free Youth 3-17: 1.50 Adult 18 & Over: 2.15 **Discounts see below ***Passes: Season Family: 152.00 Youth 3-17: 62.00 Adult 18 & Over: 95.00	PRE-SEASON SWIM May 28, 29, 30 Star City Shores 1:00 - 5:00 p.m.  Looking for a pool near you? See Pages 16 & 17 for a locator map.  4th OF JULY Pool Hours 1:00-5:00 p.m. All Pools

***Low Income:** Identified by case worker.

Most Pools (see below)

Youth 3-17	1.25
Adult 18 & Over	1.90
Highlands & Uni. Place	
Youth 3-17	1.50
Adult 18 & Over	2.15
Star City Shores	
Youth 3-17	1.65
Adult 18 & Over	2.25

Low Income
fees paid at the pools

****Group/Discount Coupon Books**

Youth 3-17 49.00 (30 coupons)

Adult 18 & Over 28.00 (10 coupons)

Note: additional fees are required when coupon books are used at

Highlands, University Place Pools, (.25) and Star City Shores (.50)

Discount Books ONLY available at:

Aquatics Office or Easterday Recreation (See P. 5)

Daycare Discounts:(See Page 27 Safety Training)

*****Season Passes:** No discounts for Season Passes

Purchase at pools or the Aquatics Office (1225 F Street)

Family Pass includes up to 2 adults and 4 youth (3-17) in the same family/household. Add \$10.00 for each additional youth over the first 4.

Note: Additional fees are required per visit when Season Passes are used at Highlands, University Place Pools, \$.25; Star City Shores \$.50. Highland and University Place pass holders need to pay an additional \$.25 per visit at Star City Shores.

Swim and Dive Leagues (Ages 6 - 18)

Recreation program for youth ages 6 - 18. Neighborhood based teams, great exercise and skill building are just some of the benefits. Participants must have minimal swim/dive skills, not a replacement for swimming lessons. Swim Teams at most pool locations. Dive teams available at some pools.

REGISTRATION

Mail in registration began Monday, April 4. Registration forms are available from the Parks and Recreation Administration Office, any City Recreation Center (*See Page 5 for addresses*) or at lincoln.ne.gov. Keyword: pools. All pre-season registrations are handled at the Aquatics Office, 1225 F St, upstairs.

Swim Teams will be formed at Ballard, Belmont, Eden, Highlands, Irving, Meadow Heights, Star City Shores, University Place, and Woods Pools. Dive Teams offered at the some Pools: (must have minimal number of registered participants)

Will be divided into age divisions:

8 and under, 9-10, 11-12, 13-14 and Junior (18 and under) Division.

Registration Fees: If received before June 3

\$44 for either swim or dive team registration

\$39 second (and each additional) child in either swim or dive

\$15 per child to add a second program

Save by registering early, registration fees increase by \$5 after June 3.

Registration will continue through June 30 or until team is full.

PRACTICES

Parent Orientation scheduled for June 12 at University Place Pool and June 15 at Eden Pool. Swim Teams have one hour practices Monday through Friday, June 6 - July 22. Practice times vary from pool to Pool, but are generally sometime between 11:00 and 12:45 am. Dive Teams have one hour practices Monday through Friday, June 6 - July 22. Practice times vary from pool to pool and may be in the a.m. or early evening.

MEETS

Weekly Swim meets Saturday mornings: June 18, 25, and July 9, and Wednesday night, June 29. An all-City Swim meet will end the season on Saturday, July 23 at the Devaney Sports Center. Weekly Dive meets on Thursday evenings: June 16, 23, 30 and July 7. An All-City Dive meet will end the season on Thursday, July 21, at North Star High School.

Swim Lessons at Arnold Heights Pool

Sign-up begins Monday, June 6 at Arnold Heights Pool ONLY. Call the pool for more information. Class levels will be scheduled as soon as need is determined.

Arnold Heights Pool 4000 NW 46th Street 441-7829

The American Red Cross Learn To Swim Program is used.

Session I Monday-Thursday June TBA 2 Weeks 30.00

Session II Monday-Thursday July TBA 2 Weeks 30.00

Friday is make-up day due to weather cancellations.

Learn to Swim Program

Co-sponsored by Lincoln Parks and Recreation Department and the Lancaster County Red Cross.

Call 441-6383 to request an informational flyer.

Go to www.redcrosslincolnne.org for schedule information and registration.

Session II M-F June 20-July 1 2 Weeks 40.00

Session III M-F July 11-22 2 Weeks 40.00

Session IV M-F July 25-Aug 5 2 Weeks 40.00

REGISTRATIONS handled and organized by the Red Cross Office, 220 Oakcreek Drive.

Stroke, Float & Water Safety Child Safety At The Swimming Pool For Daycares

FREE! A fun Water Safety program for Daycares and other care providers. Co-sponsored by the Lincoln Parks and Recreation Department and the Lancaster County Red Cross.

Water safety instruction for non-swimmers and younger kids (Grades K-2) in your care. Thirty minutes of water and general pool safety for the kids. A safety presentation for the adult care givers will be presented during the same time.

20% off our Group/Discount Swim Coupons will be allowed to those daycares and other care providers who complete this safety course. The discounted rate is **ONLY** available at the Aquatics Office (at "F" St. Recreation Center, 1225 F St; 8:00 a.m.-4:30 p.m. M-F) or Easterday Center (6130 Adams; summer hours 7:00 a.m.-6:00 p.m., M-F

**Kuklin Pool June 7, 8, or 9. Tuesday, Wednesday, or Thursday,
9:15-9:45 am or 10:00-10:30 am or 10:45-11:15 am**

Must pre-register with Lincoln Parks and Recreation. Group size is limited per session. **Call 441-7960 to pre-register your group.**

Safety At Swimming Pools For Care Providers

A presentation for care providers may be arranged. Information from the **STROKE, FLOAT and WATER SAFETY** course as presented to the adult care givers would be offered. The presentation could be held at any location, a swimming pool is not required. Minimum number of care providers required.

Arrangements must be made in advance with Lincoln Parks and Recreation. Call 441-7960 to make arrangements for your group.

Volleyball at the Shores!

Coed Sand Volleyball is back at Star City Shores.

Call 441-6792 for information or go to lincoln.ne.gov Keyword: Pools